INTRODUCTION TO HERBAL PLANTS
2070








FEWA HANDICRAFT

P.O. Box No. 24168
Chandol- 4, Kathmandu, Nepal
Tel: +977-1-
Mobile: +977-9851090446
E-mail: fewanp@gmail.com, miracals21@yahoo.com
Webpage: www.fewanp.com

१ काकोली [FRITILLARY]

Scientific Name: - Fritillary Cirrhosa

Locality: - 3000-4500m, east to west

Flowering and Fruiting: - May- June

Parts used: - Bulbs





Fritillary Cirrhosa

Uses: - The dried bulls are used in asthma, bronchitis and tuberculosis

२ कालोमुसली

Scientific Name: - Curculigo orchioides

Locality: - 500-1800 m, east to central

Flowering and fruiting: - April-may

Parts used: - Rhizomes





Curculigo orchioides

Uses: - Rhizomes are demulcent, diuretic, tonic aphrodisiac and used in piles jaundice, asthma, diarrhea and gonorrhea. The poultice of rhizome is also used in itch and skin disease.

३ कुट्की [PICRORHIZA]

Scientific Name: - Neopicrorhiza scrophulariifolia

Locality: - 2800-4200m, east to west

Flowering and fruiting: - June-August

Parts used: - Rhizomes





Neopicrorhiza scrophulariifolia

Uses: -Rhizome is useful in dropsy; antiperiodic fever; anemia and jaundice .It promotes secretion of bile, improves appetite and stimulates gastric secretion.

४ केशर [SAFFRON]



Scientific Name: - Crocus sativa

Locality: - Cultivated and imported

Flowering and fruiting: - October

Parts used: - Dried stigmas

Crocus sativa

Uses: - It is used in fevers, melancholia and enlargement of liver, catarrhal affections and snake bite. Also used as facial cream and for de-coloration of skin.

५गुच्चीच्याउ [MOREL MUSHROOM]



Scientific Name: - Morchella Conica

Locality: - 3000-4000m, west

Flowering and fruiting: - May-June

Parts used: - Whole Thallus

Uses: - A nutritious vegetable used as soup

Morchella Conica

During or after fever and paste on wound. Useful in healing the cuts ulsers and colitis.

६ चिराइतो [CHIRETTA]



Scientific Name: - Swertia chirayita

Locality: - 1500-2500 m, east to west

Flowering and fruiting: - July-August

Parts used: - Whole plant

Swertia chirayita

Uses: -It is used for intermittent fever skin diseases, intestinal worms, and bronchial asthma diarrhea and lever problem. Also prescribed in dyspepsia, debility of convalescence.

७ जटामसी [SPIKENARD]

Scientific Name: - Nardostachys Grandiflora

Locality: - 3200-5000m, east to west

Flowering and fruiting: - June-July

Parts used: - Roots and rhizomes



Nardostachys Grandiflora

Uses: -the oil obtained from roots in well known hair tonic. An infusion of rhizome is used in epilepsy, hysteria palpitation of heart and cholera A tincture of it is given in intestinal coleic and flatulence, Also used as aromatic adjunct in preparation of medical oils.

८ जैतुन [OLIVE]

Scientific Name: - Olea europea

Locality: - 500-2600 m, west

Flowering and fruiting: - March-September

Parts used: - Roots, fruits and seeds



Olea europea

Uses: -Roots can be used in rheumatism and brain diseases. Tonic and appetizer fruit are used in biliousness, liver complaints, scabies thrust, burning sensation of eyes and dental caries. Seed oil is useful in griping, liver troubles, pains in joints, rheumatism, lumbago, old wounds etc.

९ जँगलीलसुन [WIND GARLIC]

Scientific Name: - Alliums carolinianum

Locality: - 4800-5100 m, west to central

Flowering and fruiting: - August

Parts used: - whole plant



Alliums carolinianum

Uses: - Plant is stimulant, tonic, digestive and relieves .Toothache, earache and headache.

१० तेजपात [INDIAN CASSIA LIGNEA]



Scientific Name: - Cinnamomum tamala

Locality: - 450-2000 m east to west

Flowering and fruiting: - March-April

Parts used: - leaves and bark

Cinnamomum tamala

Uses:-leaves are carminative. Bark is useful in diarrhea, flatulence and nausea .leaves and bark are used in spices.

११ धसिङ्गरे [WINTERGREEN]



Scientific Name: - Gaultheria Frangrantissima

Locality:- 1200-2600 m east to west

Flowering and fruiting: - April -may

Parts used: -Twings and leaves

Gaultheria Frangrantissima

Uses: - The winter green oil obtained from it can be used in various forms of rheumatism and applied extenally in liniments' in oder to reduce irritating effects. It has vermicidal action against hookworm.

१२ निरमसी [[ACONITE]



Scientific Name: - Aconitum gammiei

Locality: - 3300-4300, east to central

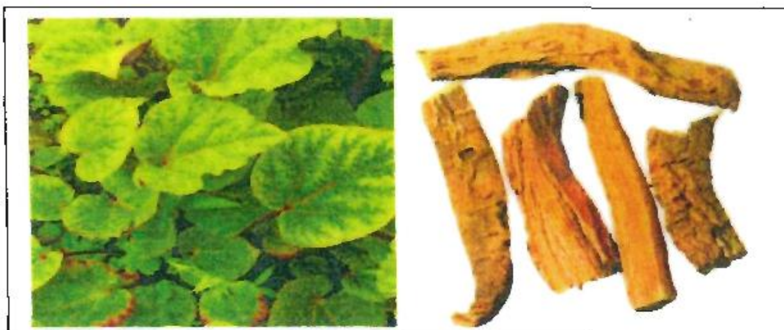
Flowering and fruiting: - August -Oct

Parts used: - tubers

Aconitum gammiei

Uses: - tubers are non-poisonous and used in varieties of traditional medicines. They are much used as a stomach medicine and antipyretic.

१३ पदमचाल [HIMALAYAN RHUBARB]



Scientific Name: - Rheum australe

Locality: - 3200-4200 m, east to west

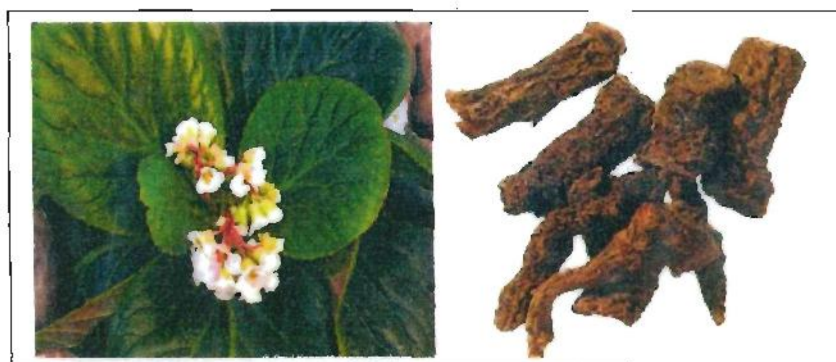
Flowering and fruiting: - June-sept

Parts used: - Rhizome

Rheum australe

Uses: -Rhizome are useful in dysentery and loss of appetite.

१४ पाषाणभेद [ROCKFOIL]



Scientific Name: - Bergenia ciliata

Locality: - 1000-3200 m, east to west

Flowering and fruiting: - March-April

Parts used: - Rootstock

Bergenia ciliata

Uses: -the root is cooling and useful in piles , tumors , urinary discharges , heart diseases and diseases of bladder and lungs used as tonic in fever diarrhea , cough and dysentery.

१५ पाँचऔंल [ORCHID]



Scientific Name: - Dactylorhiza hatagirea

Locality: - 2800-4000 m, east to west

Flowering and fruiting: - June-July

Parts used: - Tubers

Dactylorhiza hatagirea

Uses: -Tubers are used as tonic. They are expectorant, astringent, demulcent and highly nutritious also used in urinary troubles .

१६ वनतुलसी [SHRUBBY BASIL]

Scientific Name: - Ocimum gratissimum

Locality: - 400-1200 m, east to west

Flowering and fruiting: - July-August

Parts used: - Plant




Ocimum gratissimum

Uses: - Plant is used as an aromatic bath for fumigation in the treatment of rheumatism and paralysis. Decoction of leaves is used in seminal weakness and gonorrhea. Seeds are used in headache and neuralgia.

१७ वनप्याज [WILD ONION]

Scientific Name:- Alliums cepa

Locality:-

Flowering and fruiting:- May-June

Parts used:- shoot bulb vegetables




Alliums cepa

used:- It is a homeopathic medicine used to relieve the symptoms of hay fever, nasal, congestion or similar complaints .Prevents copious discharges of tear glands and mucous membranes. It is an effective rcmedy for headaches. Earache, toothaches congested nose It is used to cuer worms and bites from mad dogs. It can be used in recipes like soup and meat.

१८ वनभेँडा [CAPER BUSH]

Scientific Name: - Capparis spinosa

Locality: - 2000-2400 m, west

Flowering and fruiting:- May-sept

Parts used: - plant, leaves and flowers




Capparis spinosa

Uses:-plant is aperients, diuretic, resolvent, and tonic and used to treat rheumatism, paralysis, toothache, tubercular glands and affections of liver and spleen. Bruised leaves are used as a poultice in gout flowers are used in scurvy.

१९ वनमुला [TEASEL]

Scientific Name:- Dipsacus inermis

Locality:- 1500-2200 m, east to central

Flowering and fruiting:- June-sept

Parts used:- Roots

Uses:- Roots are abortifacient



Dipsacus inermis

२० वनलसुन [WILD GARLIC]

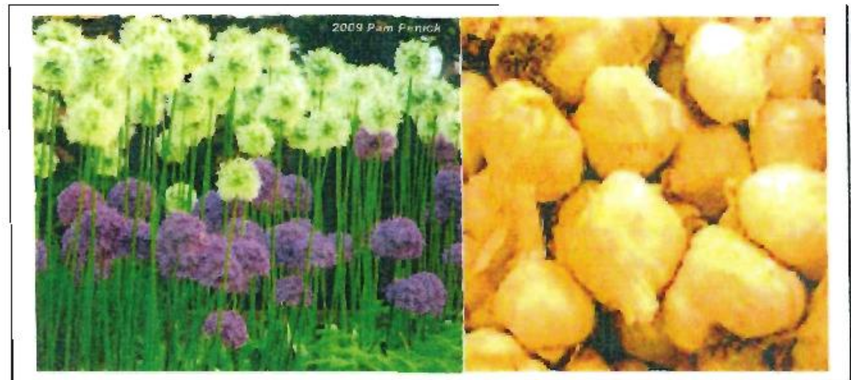
Scientific Name:- Allium wallichii

Locality:- 2400-4600 m, east to west

Flowering and fruiting:- Aug-sept

Parts used:- fibrous root and leaves

Uses:- stimulant and flavoring materials to various recipes.



Allium wallichii

२१ बोझो [Sweet Flag]

Scientific Name: - Acorus Calamus

Locality: - 500-2300 m, east to west

Flowering and fruiting: - June - July

Parts used: - Rhizomes



Acorus Calamus

Uses: - The rhizome is aromatic, carminative, emetic, anthelmintic, expectorant, antisposmodic and nerve tonic. It is used in dyspepsia, coleic, remittent, fevers diarrhea, dysentery, bronchial and chest affections.

२२ भुतकेश [RAGWORI]



Selinum tenuifolium

Scientific Name: - Selinum tenuifolium

Locality: - 2700-4800 m, east to west

Flowering and fruiting: - July-sept

Parts used: - plant

Uses: - plant is used in cough and cold

२३ भोजपत्र [[HIMALAYAN BIRCH]



Betula utilis

Scientific Name: - Betula utilis

Locality: - 2700-4300 m, east to west

Flowering and fruiting: - June-sep

Parts used: - Bark and resin

Uses: -Infusion of bark is used as antiseptic and carminative. It is also used in hysteria . paste of Bark is applied in cuts and wounds. Resin is used as contraceptive.

२४ महामेदा [SOLOMON'S SEAL]



Polygonatum verticillatum

Scientific Name: - Polygonatum verticillatum

Locality: - 2400-4700 m, east to west

Flowering and fruiting:- May-Aug

Parts used: - rootstock

Uses: - rootstock cooling, emollient, diuretic, aphrodisiac, galactogogue appetizing and tonic

२५ यार्शागुम्बा [CORDYCEPS]

Scientific Name: - Cordyceps sinensis

Locality: - 3000-4500 in east to west

Flowering and Fruiting: - April-July

Parts used: - Whole Plant



Cordyceps sinensis

Uses: - Tonifys Lungs and Kidneys along with treating chronic couch and asthma. Produce energy against weakness after long impotency.

२६रातोच्याउ [RED MUSHROOM]

Scientific Name: - Ganoderma Lucidum

Locality: - 2500-3500m, west

Flowering and fruiting: - May-July

Parts used: - Whole Thallus



Ganoderma Lucidum

Uses: - It strengthens immunity power and promotes stamina. Gives relief against allergy, anxiety and assists blood circulation and respiration system. Recently used for cancer and HIV/AIDS.

२७ लोठसल्ला [HIMALAYAN YEW]

Scientific Name: - Taxus wllichiana

Locality:- 2300-3400, east to west

Flowering and fruiting:- May-August

Parts used:- bark and leaves .



Taxus wllichiana

Uses: - Taxol extracted from bark and leaves of this plant is used as anti-tumor agent and also to cure cancer of breast and uterus. It is also used in asthma and bronchitis.

२८ सजिवन [PURGING-NUT]

Scientific Name: - Jatropha curcus.

Locality:- 500- 1200 m, East to west

Flowering and fruiting: - May-June

Parts used: - leaves seeds and oils.



Jatropha curcus

Uses: -plant juice is used in whitlow, convulsion, syphilis, neuralgia, dropsy, anasarca and pneumonia .Roots bark is used in rheumatism and leaves are used in tumor and scabies. Seeds are used against cancer and warts. Seed oil is used in rheumatism and paralytic affections.

२९ सतुवा [HERB PARTS]

Scientific Name: - Paris Polyphylla

Locality: - 2000-4500 m, east to west

Flowering and fruiting: - April-may

Parts used: - Rhizome



Paris Polyphylla

Uses: - the rhizome is anthelmintic and also as tonic.

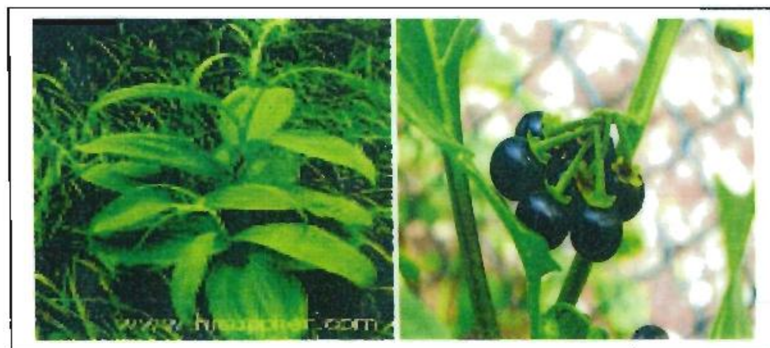
३० [Black False Hellbore]

Scientific Name: - Veratrum Nigrum

Locality: -

Flowering and Fruiting: - Aug –Sep

Parts used: - Roots



Veratrum Nigrum

Uses: - It is an analgesic arthelmintic , emetic, errhine, expectorant , laxative, vermifuge and toxic drug which can be used intenally or extenally without expert guidance .also used and insecticide and parasiticide and effective against caterpillars and mammals.